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GATEWAY TO EXCELLENCE

November 1998

ST. LOUIS ARMY ENGINEER DIST **ESPRI**

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Kaskaskia celebrates 25th anniversary

by Bob Lockhart, CO-NK

This year marks a milestone for the Kaskaskia River Navigation Project; Twenty-five years ago, on November 9, 1973, lock operations began at this little lock in Southern Illinois.



The Kaskaskia project was authorized by Congress in October of 1962, with construction beginning in June of 1966. The proposal was for a channel 225 feet wide and 9 feet deep, from the mouth of the river to Fayetteville, Illinois, 36 miles upstream. During the straightening of the River, four railroad and four highway bridges were constructed to provide passage over these new portions of the river. Overall construction costs were \$148 million, including a \$7.3 million State of Illinois contribution. During construction 176,600 cubic yards of concrete went into the Lock and Dam. The Kaskaskia lock chamber has a maximum lift of a respectable 29.2 feet. It takes about 3.75 million gallons of water to make a 10-foot lock-age in the 600 x 84-foot lock chamber.

In the past quarter century the project has endured nineteen periods of high water, where the lock was closed to navigation, usually for fourteen days or less.

(Continued on page 7)



Veteran's Day, Nov. 11, 1998

The century's real heroes: Service men and women

History professors have voted Adolf Hitler the most influential person of the 20th century. The same survey by the Siena College Research Institute shows the second most influential person was Stalin.

But they were madmen. World diplomacy couldn't stop them.

Who did save the world from the Hitlers, the Stalins and Tojos? The GIs - the century's real heroes.

They started early by smashing the Kaiser's Huns in World War I when other nations could not. In World War II, these warriors arose again from their jobs, families, schools and farms.

They did the dirty work for the world in awful jungles of the Pacific and a horrific war in Europe.

When the war was over, their leaders failed to see the Red threat in Korea. Five years later, the Army and Marines were up to

their knees in the blizzards and mud of Korea. Against long odds they repelled the North Korean-Chinese attacks.

When they got stuck in the swamps of Vietnam they did their duty and fought valiantly.

The men and women in every branch of service were citizen-warriors, in the tradition that comes down to us from the democratic armies of the spear-carrying Greeks. They put aside the best years of their lives (for some, their entire lives) to stop the oppressors.

In his book, *Citizen Soldiers* (Simon & Schuster), Stephen Ambrose says soldiers were children of democracy and did more to help the spread of democracy than anyone else in history.

"They didn't want to live in a world in which wrong prevailed. So they fought and won, and all of us, living and yet to be born, must be forever profoundly grateful."

We are grateful. We remember and thank all who served.



**US Army Corps
of Engineers**
St. Louis District

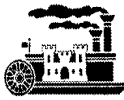
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District Commander.....Thomas J. Hodgini

Chief, Public Affairs.....Sandra Clawson

Editor, Design, Layout.....Ken Kruchowski

Address mail to: U.S. Army Engineer District, St. Louis, ATTN: CELMS
- PA, 1222 Spruce, St. Louis, MO 63103-2833. Phone: (314) 331-8000.
E-mail: Sandra.Clawson@mvs02.usace.army.mil



News Briefs

Rend Lake:

Conference

Rend Lake's manager, Phil Jenkins, was personally invited by the Illinois Department of Natural Resources to attend the 1998 Midwest State Park Executives Conference. The conference was hosted by the IDNR and was held at the Rend Lake Resort in the Wayne Fitzgerald State Park. The conference brought together natural resource management personnel from ten states. Jenkins said it was an excellent opportunity to meet and develop partnerships with these professionals from other agencies and learn something, too.

More visitors

Not only is Rend Lake having more visitors, the staff is also talking to more of them. The 2.1 million visits to Rend Lake in FY98 represent a 15 percent increase in the number of visits in FY97. The 35.6 million visitor hours was a 14 percent increase. The ranger staff provided programming, both at the lake and in the region, to more than 24,000 people, which is a 111 percent increase over FY97. The staff at Rend Lake continues to invest in people through education.

Politicians visit

Illinois State Representative, Wyvetter Young, Democrat from the 114th District, and East St. Louis Mayor Gordon Busch led a contingent from the Metro East area on a day-long trip through Southern Illinois and Western Kentucky to

look at projects which might help in their revitalization efforts of the East St. Louis area. The intent of the visit was to determine if a conservancy district would be beneficial in the Metro East's economic revitalization efforts.

The group's final stop was Rend Lake for a tour of the Rend Lake Conservancy water plant, golf course and resort areas; the Illinois Department of Natural Resources Rend Lake Visitors Center & Artisans shop, Wayne Fitzgerald State Park and Rend Lake Resort, and Corps of Engineers facilities. Park Ranger Tim Bischoff was present to speak about the history of the lake and Corps facilities.

Mark Twain Lake:

Environment Fair

Over 750 students, teachers, and parents learned the steps that groups from private industry and government are taking to improve or protect the quality of our natural world at the Seventh Annual Environmental Education Fair. Presentations ranged from live hogs from the Missouri Pork Producers to Endangered Species by the U.S. Fish and Wildlife Service and all areas in between.



We would like to give special thanks to the Corps employees from the Rivers Project Office, Regulatory Branch, and Mark Twain Lake who made presentations and helped set up for the event.

Carlyle Lake:

Trail of Horrors

The Little Prairie Nature Trail was transformed into the Little Trail of Horrors on the last full weekend of October to help raise funds for the 1999 fireworks spectacular. The event is hosted by the Carlyle Fireworks Committee, the Carlyle Optimist Club, with the cooperation of the Corps of Engineers. More than 1,500 attended.

Marina reopened

The Keyesport Marina has been re-opened and the lessee has met most requirements for compliance. Underground storage tanks have been removed and replaced with an above ground tank. Some cleanup of the site remains to be done.

Inmate Program

The Federal Inmate Program is providing the lake project with a year round diverse workforce of ten inmates. One is a welder and two are carpenters. Currently, the inmates are busy improving the project by re-roofing shelters, brush removal in rip-rap areas, re-seeding flood damaged areas and making improvements to the Lotus Group Area.

(Continued on page 4)



News Briefs (cont.)

Charlie Johnson, formerly from the Service Base, is now working at Carlyle Lake driving the inmates from the Greenville Workcamp and overseeing their work projects. The inmates are divided into work projects and overseen by all the maintenance staff.

Wappapello Lake:

Festival of Lights

The 6th Annual Festival of Lights Christmas Auto Tour will be held November 27 through December 26 at the Redman Creek West Campground. It will be done in partnership with the Wappapello Lions Club. The event will be open Fridays, Saturdays and Sundays, November 27th through December 13th and nightly from December 18th through December 26th from dusk until 10 p.m.

This year we are also partnering with the Wappapello Lake community to incorporate the "Old Time Country Christmas" event along with the Festival of Lights Christmas Auto Tour. The Wappapello Lake Visitor Center will be used as an information center for this event on Saturday November 28.

CAC activities

THANKSGIVING FOOD DRIVE

The St. Louis District Corps of Engineers is inviting you all to spread the Holiday Cheer by donating canned goods, non-perishable food items (i.e. boxed dinners), and toiletries to our annual Thanksgiving Basket Food Drive. 100% of the donations will be given to an area food pantry.

If you would rather give cash we will pass that on to the pantry or buy food items, as you wish. Contact persons for this activity are: Cathy Fox, 331- 8444 at the District Office or Arnold Washington at the Service Base, 263-4091.

Cans will be placed in the Fourth Floor lobby area of the District Office and in the James J. Dorsey Building at the Service Base on October 26, 1998. We will collect until November 23, 1998.

PLEASE REMEMBER: NO GLASS NO ITEMS THAT NEED REFRIGERATION/FREEZING

ENSURE THE BOXES/BAGS ARE UNOPENED and CHECK EXPIRATION DATES

WINTERBALL

The St. Louis District Corps of Engineers Winter Ball will be held December 11, 1998 at the St. Louis Science Center. Come join us for cocktails at 7:00 p.m. and dinner catered by The Pasta House served at 8:00 p.m. Dance music provided by the Rick Hegger Band. Ticket prices have not been established as of Esprit publication deadline. Call Debbie Warner at 331-8028 for further info.

BOOKSALE

The CAC will be sponsoring a book fair in December! Mark your calendar for Tuesday, Wednesday and Thursday, December 1-3. The book fair will be held on the 3rd floor in the Engineering Division Conference Room 1 (ED-1).

The books will be provided through ABD Book Fairs, the same company that was used for the June book fair. This time there will be more books available. This is a great opportunity to shop for holiday gifts and support the St. Louis District CAC!

From your Technical Information & Library Services



World Wide Web Note 1

Saving time for busy staff is TILS (Technical Information & Library Ser-

vices), IM-P's, job. Recent developments have provided several sets of federal documents full text, chapter by chapter, and section by section on the Internet. TILS provides a local web page of "Frequently Asked Questions" to assist the District staff. Questions answered:

* Where do I find document indexes to Waterway's (WES) technical publications?

* Does the Federal Register have section, chapter and title of the Code of

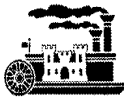
Federal Regulations (CFRs) on line - full text?

* I need the full text of the Federal Acquisition Regulations (FAR), including AFAR, DFAR, and EFAR supplements. Where do I go?

* I need help from the Corps librarians at the St. Louis District. What is the number?

The site address is http://155.76.89.200/lib/tils_lcl.htm. Any questions will be answered by calling 314-331-8883.

(Continued on next page)



The Missouri mule

Mark Twain Lake was the site of Missouri Mule Days on October 3, 1998. Approximately 675 visitors enjoyed watching the mule show and learning about the state animal from a display at the Boudreaux Visitor Center. The following story is taken from the Missouri Department of Natural Resources Traveling Display.



What creature can have no offspring but continue to have more of their kind born? The Missouri mule. The mule, reputed to be the most stubborn animal alive, is the hybrid offspring of a male donkey (jack) and a female horse (mare). Because of this genetic cross, the mules cannot reproduce; every mule must have a donkey and a horse for parents. The result is an animal with the horse's massive size, and weight, and the donkey's features, intelligence, agility, and endurance. This combination created an animal highly suitable for farm work in the 19th century.

In 1821, William Becknell led the first trading party along the Santa Fe Trail from Missouri to Santa Fe and returned with Mexican donkeys, mules, and silver - wealth for the new state of Missouri. Mis-

souri mules, bred from the Mexican donkeys and American mares, were frequently used to pull wagons west to Oregon and California.

Mules also were used to expand the cotton kingdom of the South. Before the Civil War, more than half the mules in the United States were employed on cotton plantations. Missouri mules were

driven overland and shipped south on steamboats to fill the need. In addition, the mules provided power for America's developing coal, lead, and logging industries.

The demand for Missouri's large, docile mules - stronger than the small mules reared in Kentucky and Tennessee - continued to increase. In fact, from 1870 to 1900, Missouri bred more mules than any other state in the nation, and Callaway County claimed the title of Mule Capital of the World. Missouri farmers could earn \$60 or \$70 for each young mule, at a time when the average farm income was scarcely \$700 a year.

Besides meeting most of the demand for mules in the United States, Missouri also supplied buyers from throughout the world. When mules owned by W. Elgin of Platte County swept the competition at the 1904 St. Louis World's Fair, the term Missouri Mule entered the American vocabulary. These Missouri mules served the United States and her allies during both world wars.

The mule story is more than tall tales and bravado. It is the history of rural life and the family farm. At one time, 45 percent of Missouri farmers were involved in using or breeding mules. Although the tractor has driven the mule off the farm, the animals are still used in other areas, including forestry and recreation.



TILS (continued)

Computer software books

Windows 97, including Word, Excel, PowerPoint and Outlook programs have many features. Have you learned the features you need for your job? To help you the Technical Information & Library Services (TILS), IM-P, has purchased books covering almost all aspects of these programs. If you work at the RAY Building, drop by TILS' library just inside room 4.202. The special "Computer Corner" has seven bookshelves just relating to PC software. Field offices can verify what we have by looking at our Web site <http://>

(Continued on page 11)



Corps enters National Recreation Reservation Service



**Reserve
Your Place
Under the
Stars**

**National
Recreation
Reservation
Service**

by Roger Hayes, CO-TO

As an agency, the U.S. Army Corps of Engineers has not excelled at marketing the recreation opportunities that are available at our projects. This is partially due to past policy, but as a result, Corps projects and/or recreation areas are not as widely known as those operated by some of our sister agencies or even some state parks. Our projects appear, but are not associated with our agency on most road atlas's. If a campground is depicted in these publications, it is one associated with a State Park outgrant on the project, not those operated by our agency. As a result of this, among other factors, it comes as a surprise to many that our agency employs park rangers.

Yet, with only a little research, some amazing facts come to light. The Corps of Engineers is the second-largest provider of outdoor recreation in our country, second only to the US Forest Service. We are the world's single largest provider of water-oriented recreation. Last year our agency hosted 377 million recreation visitors and collected \$32.2 million in recreation fees. Our District's portion of that is 15 million visitors and \$1.6 million in recreation fees. Despite the fact that our projects are not household names, we can be proud of their accomplishments.

A recently implemented program may increase the visibility of Corps projects on a national basis. The Corps of Engineers and the US Forest Service, our nation's two largest providers of outdoor recreation, have cooperated to form the National Recreation Reservation Service (NRRS), a campsite (and other recreation facility) reservation system. The program will be operated by Park-Net, the national contractor based in Ballston Spa, New York.

Customers will be able to make reservations at any site operated by the two partnering agencies by calling Park-Net via a toll-free phone number, visiting a Park-Net web site, or stopping at a campground fee booth. Districts are activating the system in two phases. Phase I was initialized recently. Phase II, including the St. Louis District, will "go live" March 1, 1999. The toll free number is 877 444-6777. The web site is www.ReserveUSA.com.

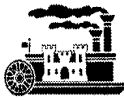
In addition to explaining the who's, what's, where's, when's and how's, the web site contains some spiffy features. It has a "Media Room", where news releases are posted, and "Campfire Talk", where many common questions are answered.

Campsites may be reserved up to 240 days in advance, and other facilities, such as group sites, are reservable 360 days ahead of time. This currently applies to Districts in Phase I and will be applicable to those of us in Phase II effective March 1.

The NRRS will help in marketing our projects through referrals. If someone wishes to reserve a Forest Service campsite, but the requested area has none available, the customer will be referred to the next closest campground. Many of these referred facilities will be Corps operated projects. This can bring new customers to our agency; people who otherwise would not have been aware of the services we offer. It is believed that other Federal agencies may join the NRRS in coming years. If so, the number of referrals will rise.

Another method of attracting new customers will involve the ReserveUSA web site. Campers who surf the internet will find Park-Net's web page, either from campground searches or via links from other sites. Beginning November 16, this web site will feature a map of the United States. The states with campsites available via reservation can be clicked on to "zoom in" for a closer view. Next, Corps projects or Forest Service sites will appear and can be entered, producing a map of each campground. A "photos" icon will produce 3 to 5

(Continued on next page)



Kaskaskia (cont.)

On at least seven of those occasions floodwaters rose above the top of the lock walls; with 1993 being the highest with 9.8 feet of water over the lock walls.

Floods are spectacular, but not the usual case at locks and dams. On an ordinary day river traffic needs to use the lock to reach the next river level. This generally involves a drop from five to fifteen feet in the lock chamber. The greatest drop was more than 28 feet in the summer of 1988. An average lockage takes just over ten minutes to complete; however this can change depending on the conditions. Ice, floating logs, heavy traffic, boat problems, high winds and many other factors all have their effect on how long a lockage takes.

As of 1997, the Kaskaskia project moved its 50 millionth ton of cargo worth approximately \$1.75 billion. A study by the National Waterways Operators estimates that 1,960 jobs are waterway related in Randolph County as well as another

2,834 in St. Clair County. There are over 600 miners whose livelihood depends directly upon this one project. Having the option of barging grain directly from the elevator adds an average of \$.13/ bushel paid to the local farmers, or about \$1.3 billion a year to the local economy.

In 1998 a new general cargo dock opened near Baldwin, Illinois, and the outlook for local business use of the facility is very encouraging. Fifty million tons may not seem like much compared to the bigger Mississippi Locks, but that tonnage required the locking of 66,666 barges to carry it. Moving upstream 33,333 empty barges are loaded with coal, grain, and slag to provide the 33,333 loaded barges to haul the tonnage downstream. Another way of looking at 50 million tons of cargo is to imagine 2,500,000 trucks stretched bumper to bumper in a continuous line around the world. An additional benefit is the fact that barge transportation is one of the safest methods of moving bulky cargo.

Commercial use of the Kaskaskia River has co-existed harmoniously with recreational boating. Recreational boating on the Kaskaskia seems to increase each year with 1997 topping out at just under 8,000 pleasure crafts using the lock. The towns of Evansville and New Athens both provide launch ramps and New Athens also includes a marina for the boating public. Both towns host Bass Tournaments regularly and Evansville also sponsors biannually the Kaskaskia River Boat Races which bring in thousands of sight seers to watch the drag boat races. Evansville has become such a popular boating spot that their facility has nearly doubled in size since 1986.

All of these changes are due to the fact that a dam and lock chamber is on the Kaskaskia River. Towns upstream also have a dependable water supply. In these first twenty-five years the Kaskaskia River Navigation Project has provided benefits far outweighing the cost involved.

Earth Notes

NRRS (continued)

photographs of each campground. These pictures will portray the aesthetic beauty of our parks and the quality of our facilities to a whole new group of potential customers. We are confident that this will lead more recreation visitors to the Gateway of Excellence.

We've done very well in the area of recreation, and perhaps the NRRS will be of assistance in attracting additional interest in our fine projects, both in the St. Louis District as well as the rest of the nation. You never know; we may appear on a road atlas yet!

Year of the Ocean

During Thor Heyerdahl's voyage from Peru to Tahiti in 1947, weeks passed with no clue to suggest the existence of humans anywhere but on the raft.

On his second trip in 1970, he reported more oil lumps than fish and alerted the world about trash, oil and plastic debris in the sea.

We are now in 1998, the United Nations International Year of the Ocean. Next year, we will have more information on such subjects as fishing, nutrient pollution, garbage pollution, coastal habitats, the effect of introducing species where they don't naturally occur, the effect of

global warming and recommendations on the healing process.

Better buildings

Residential and commercial buildings represent more than a third of U.S. energy demand, according to **E The Environmental Magazine**. There have been successes in energy reduction use, however. Use per household fell 19 percent between 1973 and 1991. In commercial buildings, energy consumption per square foot fell substantially. But authorities say residential and commercial energy use could be cut an additional 25 to 50 percent using technology available today.



The legend of Willie B. Safe



The Wappapello Lake staff presented the "Legend of Willie B. Safe" as a District Safety Presentation on October 27. About 90 people attended, including field personnel. One of the special guests was Mr. Charlie Hess, Chief of Con-Ops in Headquarters.

The presentation consisted of premiering the Willie B. Safe Safety Songs, showing a video overview of the Willie B. Safe Program, and recognition of Missouri State Agencies safety partners (Highway Patrol and Water Patrol).

Park Ranger Diane Stratton was recognized for her successful effort in executing the challenge cost share agreement with these agencies.

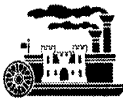
Park Rangers Andrew Jefferson, Kathy Dickson and Administrative Assistant Donna Adams were each given the Commanders Award for their outstanding effort with the Willie B. Safe Program.





Clockwise from upper left: 1. Mr. Charles Hess, Chief of Con-Ops, HQUSACE, expresses his pride in the program. 2. A group from Wappapello Lake sings along with Willie B. Safe songs. 3. The audience gets caught up in the rhythm. 4. The audience included not only Corps people, but representatives from the Missouri Highway Patrol and Water Patrol. 5. Some lucky attendees received life vests as attendance prizes. 6. Ranger Andrew Jefferson talks about the program. 7. There was a lot of audience participation. 8. Andrew Jefferson displays a life vest used in Willie B. Safe programs.





Agencies recognize safety MOA

A formal ceremony to recognize the partnership to enhance safety between the Corps of Engineers, Missouri State Highway Patrol and Missouri State Water Patrol was held on October 30 in Jefferson City. Representatives from the Highway Patrol, Water Patrol and all Corps districts in the state met to show their support for a Memorandum of Agreement that establishes a general framework of cooperation. This agreement provides a mutually beneficial opportunity for each agency to revolutionize the effectiveness of their safety education/awareness programs through such initiatives as safety billboards across Missouri. This statewide effort encompasses three separate Corps of Engineers divisions, which includes five districts.



From left: LTC Morris Patrick, of the Highway Patrol, Col. Hodgini and Maj. James Glover of the Water Patrol, show their support for the Safety MOA.

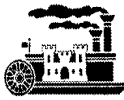


Top: Participants from the Highway Patrol, Water Patrol and Corps Districts from across Missouri gather to recognize the Safety MOA.
Right: One of the highway billboards the safety partnership makes possible, on Stadium Boulevard in Jefferson City.



The Corps of Engineers has embraced this "unified statewide safety team" effort. The common goal is to save lives whether it's on the waterways or the highways. The objectives of this effort can only be achieved by combining resources through partnerships such as this.

Projects like the safety billboards across Missouri and the Public Service Announcements in Southeast Missouri are only the beginning. Everyone agrees that educating the public about safety is a key factor in reducing accidents and fatalities. Toward that goal the three agencies will continue working together to develop educational programs and activities. One accidental death is one too many.



Debit cards: Blocking bank balances

Debit cards in the late '90s are as common as checkbooks have been for decades. Sometimes called check cards, they look like credit cards and are used the same way.

They are certainly convenient. As with a check, the payment for a purchase comes out of your bank account immediately. And you don't have the hassle of showing identification and getting a check approval.

They are especially convenient at gas pumps where you can merely swipe your card through the slot on the pump.

Problem: At that moment, however, the machine does not withdraw \$10 for the purchase you made. Instead, it automatically blocks \$35 or \$50 of your bank balance to assure that its charge will clear. The block is removed in two

or three days when the retailer's account is credited. Sometimes, however, it is not. Watch for these extra charges on your bank statement.

Without your knowledge or permission, retailers accepting check cards can direct a bank or credit union to hold three or four times the actual purchase price from your checking or savings account.

The practice is most often applied at the gas pump by retailers who want to make sure you have the money to pay them.

Remember, if it's just before payday and you've had a tight month, don't make two \$10 check card purchases for gas. They could be two \$50 charges and \$100 could be blocked from your account until the retailer's account is credited, which could result in bounced checks.

TILS (continued)

lepac1.broadart.com/search/um/express.html. Fax your request to 314-331-8873. Any questions will be answered by calling 314-331-8883 or 8884.

Directories

Need an address, name, number, or yellow pages? Try the most recent:

- * Illinois and Missouri phone books within St. Louis District boundaries
- * Blue Books for IL or MO for state related personnel
- * Federal or federal regional (major personnel) directories
- * Congressional (federal level) yellow pages
- * Congressional (federal level) staff directory
- * State Directory (agencies & personnel, all 50 states)
- * Municipal/County Directory (agencies and personnel, all USA)

* Sorkins Directory of Business & Government, St. Louis Edition (5 vols.)

Use photocopy to copy them at TILS (Technical Information & Library Services), room 4.202. Field Offices fax requests to 314-331-8873. Other questions call 314-331-8883 or 8884.

World wide web note 2

TILS, IM-P, saves time for the design engineers. TILS' job is to assist the search and retrieval of the professional standards and specifications whenever possible. The job has been simplified in the recent past with the advent of web-based information portals with current data on these standards and specifications.

TILS is providing a local web page for these engineers with site locations and descriptive information. One is encouraged to go directly to the site location pages to see what is currently available at http://155.76.89.200/lib/tils_S&S.htm. Any questions will be answered by calling 314-331-8883.

American Recycles Day

The Second Annual "American Recycles Day" will be November 15th. This year's theme is "If You're Not Buying Recycled Then You're Not Really Recycling."

Army personnel need to be aware of the importance of "buying recycled" and to emphasize the message that you're not really recycling unless you order or buy recycled products. American Recycles Day challenges all of us to pledge to increase our purchases or recycled-content products.

HQDA is participating with other federal agencies in the national capitol kick-off in Washington, DC, on November 9. Local and state governments, industry and recycling advocates are also planning event throughout the country in support of the occasion.

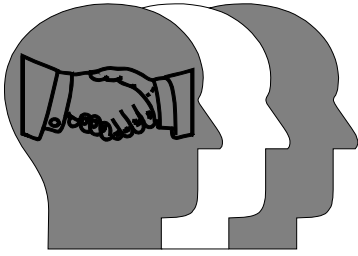
Army installations recycling programs are equal to or better than many community programs. Installations are being encouraged this year to organize special events during the week of November 9-15 to showcase their recycling successes. Partnering with local government and the private sector in the area is also being encouraged.

The American Recycles Day web page <http://www.americanrecyclesday.org/> contains a wealth of information: An events planning guide, state and industry organizations and media contacts.

Quote of the month

You must be the change you wish to see in the world.

Mahatma Mohandas Gandhi



EE O matters

November is American Indian Heritage Month

The "discovery" of the New World has been called the most important event in the history of the Old World. It opened two continents to avid colonization by expansionist Europeans and revealed a multitude of peoples whose existence shook the foundations of European thought.

Christopher Columbus, seeking a direct route to "the Indies" (i.e., Southeast Asia) encountered people "of very handsome bodies and fine faces" inhabiting what he presumed were the distant Indies, and so he dubbed them "los Indios". The Spanish conquistadors who accepted his geographic conjectures and followed his routes also continued his nomenclature, and so the native Americans acquired their name of Indian.

The story of the American Indian has been a passive one. The Indian was someone to whom something was done. The list is endless, defeated in battle, forced to move, relocated to a reservation, restricted in his rights, then carefully "given" rights, educated separately and certainly not equally, and even carefully set in the proper pose for a tourist's photograph. Today there is a new, exciting, active story to tell. In sheer numbers, the American Indian population is growing at a far faster rate than the general population. That is the less significant fact. What counts is a new recognition of the Indian as a self-propelled, free-minded, creative force in American society, as never before.

Much of this is a natural development, the logical result of years of survival in the face of adversity and of cultural strength and undying faith in a way of life. What has, no doubt, accelerated the change in the status of the American Indian is the stage-center appearance of many other groups in American society, seeking and demanding a new status (African Americans, Hispanics, women and others).

Two new images of Indians have arisen in recent years. One is that of the sophisticated, intellectual tribal leader who wears tailor-made suits and carries an attaché case. The other is that of the militant Indian, the Red Power publicity seeker, burning buildings, and taking hostages. While these new images have a basis in fact, neither truly represents most American Indians.

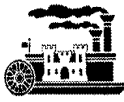
Indians are citizens of the United States and of the states in which they reside. Stating this may seem unnecessary, but the contrary idea with all of its implications still lingers in many minds. Prior to the advent of the non-Indian on this continent, the Indian tribes were true sovereign nations. Within the boundaries of the Indian reservations, tribal government exists today. In many respects, these governments resemble those found in the counties and municipalities of this nation. Most tribal governments have legislative, executive, and judicial machinery. Some tribes, such as the Pueblo of the Southwest, continue to

organize themselves according to the will of their religious leaders. Among the Pueblo peoples, religion remains strong and central to the life of the community.

There is no organized "Indian nation" in a political sense. Differences exist between tribes as well as between the rich and poor, old and young, and rural and city Indians. In most tribes, the principal function of government is not to wage war, to determine the optimum conditions for the hunt or to organize the celebration of traditional religious ceremonies. It is, rather, to influence the Congress to appropriate more funds, to urge the President to execute laws in the Indian interest and to persuade the Supreme Court to decide cases that will have the effect of protecting and enlarging Indian rights.

The long history of Indian-White conflict served as a symbolic model for the rigorous competition that lies at the heart of American economic and political life. The Indian was taught Americans the importance of winning and the gravity of losing. The Indian, though defeated, provided symbolic references to the American spirit of achievement. The representation of Indians on American coins and stamps, and their symbolic identification with countless athletic teams, all celebrate virtues that the winner recognized in the defeated adversary.

Whatever the changes that have occurred over time to American Indians, one need only consider Indian achievements in the arts and literature to learn how vigorous and distinct the native heritage of America remains. Indians are changing as other peoples are changing. Still, they retain their identities while speaking English, wearing Western clothes, living in modern houses, borrowing techniques from the West and so on. The Indians' survival in the contemporary world, different as that world is from the form uncovered by post-settlement ethnography, is itself a vindication of their Indianness.



Riverlands partners with Rockwood to create a wetland

By Brian Markert

A collaborative project between the Rockwood School District and the Corps of Engineers was developed to provide a learning opportunity while assisting with the creation of a new wetland and outdoor classroom. Mrs. Valerie Mertz, a biology instructor and Department Chairperson recognized an incredible learning opportunity when she discovered that wetland mitigation would be required due to a construction project on school owned property. She developed a plan to turn the created wetland into an outdoor classroom. The project was of such merit that she was awarded a grant through the Missouri Department of Conservation (MDC) Show-Me Conservation Outdoor Classroom Grant Program.

Students from Marquette High School expanded their knowledge of aquatic ecosystems and were provided insight into Corps of Engineers operations during their visit to the Rivers Project. Two separate days were dedicated to the field study. A total of 80 students and adult leaders participated, starting the day with a tour of the Melvin Price Locks and Dam.

While visiting the facility students viewed and learned about the significance of the Mississippi River and its attributes ranging from natural resources to cultural impacts to navigation. Once the tour was completed, the group traveled to the Riverlands Environmental Learning Facility (RELf) to participate in a Ranger led wetland discussion and overview of the Riverlands Environmental Demonstration Area (EDA). A video illustrating wetland ecology, history, and societal benefits was

played during the groups lunch break at the RELf.

The last portion of the field study day placed the students into teams of four to six students. An adult leader accompanied each group into the Riverlands EDA. The Plant Experts identified and dug plants with guidance from Natural Resources Specialist Kevin Reichert. Mr. Reichert discussed plant characteristics and benefits to wildlife. The Plant Experts were also responsible for preserving the plants until



A Marquette High School student collects data in the EDA.

they could be transplanted to the school's wetland. The Water Quality Experts collected water samples from the Mississippi River and the Riverlands EDA, compared each by microscope and checked pH, dissolved oxygen, temperature, color and clarity. The Wildlife experts observed and identified birds and amphibians, collecting data on population, species, habitat, and behaviors. The Insect / Butterfly Experts also identified and observed. They

collected data on behavior, habitats, and feeding as well as collected samples. The Flower Experts collected and preserved leaves and took notes on the habitat and growth characteristics exhibited by each flowering plant. The Seed Experts collected seeds, identified each plant and recorded habitat. The Plant Measurement Experts measured plants, noted preferred habitat and contrasted that data to growth characteristics of the same plants outside of their preferred habitat. Each team assembled study sheets and a wetland study report upon completion of their field study experience. The Water Quality Experts concluded that the overall water quality of the Riverlands EDA was good.

The seasonal wetland at Marquette High School will provide an interdisciplinary instructional classroom for students there and at other locations within the Rockwood School District. The Corps of Engineers supports and seeks to help make projects like this possible as part of our Environmental Stewardship Mission. One benefit of creating a more informed and knowledgeable public is the reduction in long term Operation and Maintenance costs. Other benefits can be expanded to include voting on important issues and making wise resource use decisions. As population continues to rise our precious natural resources will continue to be depleted until a conscious, concerned public takes the steps necessary to conserve and protect for future generations our remaining resources. As a public agency, we the Corps of Engineers, have the responsibility to set the example and be good stewards of the resource.



To your health

Nov. 19: The Great American Smokeout

Smoking affects many aspects of health

By now, most smokers know that inhaling smoke from cigarettes increases their chances of getting lung cancer, heart disease and stroke.

Having this knowledge doesn't make them quit, or they would have tossed their cigarettes out the window a long time ago. These disasters loom in the future, but smokers put off thinking about them today.

But smoking does influence your health today, and in more ways than most people know.

One of our reference books is called *Disease Free* by Drs. Matthew Hoffman and William LeGro (Rodale Health). The index itself tells a story. Topics include: Smoking and...Asthma, back problems, bronchitis, cancer, earache, emphysema, gastritis, gum disease, hearing loss, heart disease, hernia, high blood pressure, impotence, influenza, Legionnaires' disease, lupus, pneumonia, Raynaud's phenomenon, sinusitis, stroke tinnitus, ulcers, vision.



Count them. There are 23. No other legal activity so influences health.

Heart disease, cancers, and stroke are the most serious smoking-influenced conditions. But consider these:

Back problems: Surprised? Those who smoke are more likely to have disk problems. Doctors at Harvard Medical School say smoking is a vasoconstrictor, which means it limits the supply of blood to parts of the body, including the disks in your spine.

Hearing loss: Carbon dioxide in smoke restricts the flow of oxygen to the cells of the inner ear. Johns Hopkins University researchers say those simultaneously exposed to carbon dioxide and noise are more likely to suffer hearing loss.

Sinusitis: No surprise here. Doctors at St. Louis University School of Medicine say cigarettes dry the mucous membranes inside nasal passages. This makes smokers more prone to sinusitis, colds and the flu.

Hernia: Doctors at Lichtenstein Hernia Center in Los Angeles say coughs associated with smoking strain abdominal muscles and increase the chance of hernia.

But have all the well-known facts about smoking and deadly conditions thus far not prompted you to quit?

On November 19, the day of the Great American Smokeout, remember your back, your hearing, your sinuses and your vision, all of which are affected by smoking.

Try it. Give it up for a day.

Antioxidants and lung function

Diets rich in antioxidants appear to protect the heart. Now a new study of 18,000 people suggests that they also shield lungs from damage.

Researchers at Cornell University say the difference in lung function between those who consume above average amounts of four major antioxidants and those who consume lower-than-average amounts is

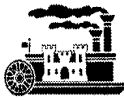
equivalent to the difference between nonsmokers and people who have smoked a pack a day for ten years.

The study indicated that smokers benefited most from selenium.

Smokers should not take the antioxidant beta carotene because it has been shown to cause an elevated risk of lung cancer.

Women & hypertension

Three of every four women with high blood pressure know they have it, but fewer than one in three control it, according to the Alliance for Aging Research. Steps to control high blood pressure include losing weight, exercising, restricting sodium, having no more than one alcoholic drink a day, and taking prescribed hypertension medications.



Retiree Review

By the Retiree Correspondent

The retirees gathered to have lunch at the Salad Bowl on the 15th of October. There wasn't a large number in attendance, but they did have an enjoyable time discussing the happenings of the past month.

Bob and Barb Lutz share their experiences of a recent trip to Europe. They started in Switzerland and ended there, but spent the entire time traveling through the neighboring countries. They were traveling with two other couples, rented a van and put on about three to four thousand kilometers. (I'm not smart enough to know how many miles that is, other than a bunch.) From the way they recounted their experiences, they must have had a great time. Sandy Dombi shared some of the discussion, since they were very near his homeland.

Lew and Helen Scheuermann mentioned that the Bakers are doing well. They (the Bakers) stated that they can see the smoke from the wild fires in the San Diego area, but thankfully, they don't see the flames. (To think that when the Bakers go to a restaurant, they always ask for the No-Smoking area.) The Huizenga's daughter and family have completed their relocation to the Kansas City, Kansas, area. Now the question is what Elmer and Estelle will do. (Elmer, we miss your astute comments, from the Jackson area.)

Charlie Denzel mentioned that he attended the NARFE convention in Orlando, Florida, in September. He mentioned many of the topics that were discussed, and state that one of the more significant ones pertained to an increase in health plan premiums. Something like \$7 for retirees and about \$10 to \$20 for the government. Don Wampler, Bob Maxwell and Ron Bockhorst

provided additional information about the advantages of being a member of NARFE. Charlie also mentioned that Bill Hoff has been in the hospital for about three weeks. Charlie didn't know why, but that Bill was doing pretty good and was expected to go home soon. Bill, you need to get up and get well. Charlie also stated that John Jansen is under the weather. John has forgotten that he is no longer in his mid-40s and is trying to do too much, and is probably just run down. John, slow down and smell the roses. The retirees want to see both of you at one of the next luncheons.

George Clapp and Lyle Forth were contributors of "stories" for the enjoyment of the group. Bob Maxwell was recognized as the Senior Retiree of the 70s. George was also honored as the Birthday Boy - October 31. Congratulations George. Maybe that explains why he can come up with such great stories.

Mention was made of the December 17th luncheon. This is normally the Christmas Party, but due to the small number of attendees, it was decided to not have a buffet in the room, but rather just go through the cafeteria line. It would be nice to know about how many are expected to attend, so the management can provide an appropriate sized room. If you plan to attend, please notify Pete Puricelli at 314-638-6597, or Ron Bockhorst at 314-353-9288. Again, this is just to get an approximation of the number of attendees, and does not commit you. Calls should be made by no later than the 8th of December.

Mark your calendars for the third Thursday of November - the 19th, at the Salad Bowl about 11 a.m. Hope to see you there.



Calvin Mooney, ED-SG, gets his flu shot in the Health Unit.

Get your flu shot now

Flu season is just around the corner. It's time for your annual flu shot. That shot can help you avoid a bout with that serious respiratory virus infection we all worry about each winter. The flu is no fun and can be very dangerous, even fatal. It takes several weeks before the vaccine becomes effective, so get your flu shot as soon as possible.

The REAL Thanksgiving story

William Bradford and Myles Standish had much to be thankful for in 1621. Together with John Alden, Priscilla Mullins and the rest of the Pilgrims who founded Plymouth in December 1620, they had survived their first brutal New England winter.

According to history reporter Peter F. Stevens, writing in *The Indianapolis Star*, only 55 of the more than 100 original settlers had lived to see the first thaw, but their summer labors had paid off with a bountiful harvest. The fields yielded such a surplus that Governor

Bradford proclaimed a day of thanksgiving. He invited the Wampanoag Indians, who had helped with cultivation of the crops, to join the colonists' feast.

Four women and two teenaged girls cooked for the colonists and 90 Wampanoags. They began stoking the fires and arranging giant kettles as four men were sent to hunt fowl. Gathering fresh game, oysters, clams and fish, they were soon ready to begin. With the arrival of Chief Massasoit, five deer were added to the menu.

The feast was not what we think of as Thanksgiving dinner. There were no potatoes,

flour, bread, butter or pie. Corn cakes were the bread of the day. Pumpkin was simply boiled, and there was no gravy of any kind. Some scholars say they made sauce from wild cran-

berries. But there was no sugar. Unless they found wild honey for sweetener, it would have been pretty tart.

Paintings at Pilgrim Hall Museum in Plymouth, Massachusetts, depict robust colonists in crisp black and white clothing. The truth is they probably wore the best of whatever was available and in a variety of colors. Having survived starvation, illness, cold and endless toil, they probably looked more

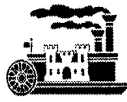


haggard and careworn than robust.

But it was a true time of thanksgiving. They had survived. They had a bountiful harvest, and a future appeared to be possible, even probable.

Think of these people on Thanksgiving Day. If your year has had problems, remember the colonists. They gave thanks though they survived far worse than any of us.

Thanksgiving Day is time to give thanks for what we have and for the work of those who have gone before us, work that helped create the prosperity we have today.



In recognition of the Memorandum of Agreement between the Corps of Engineers, Missouri State Highway Patrol and Missouri State Water Patrol, the Governor of Missouri requested to have a formal recognition of this partnership on October 30 in Jefferson City.